

Sheryl's Self-Care Success Story



As the Associate Director/Deputy Director for Student Services in the Office of Financial Aid, Sheryl Reinschmidt takes great care of the students at CWRU. In 2020, Sheryl decided to focus on self-care as well. Here is her story:

“In October 2019, I had my biometric screening done and had many areas of concern light up in red. With the holidays followed by a global pandemic, my focus was not on my health.

When we began working from home in mid-March, I decided to sign up for the Nutrition 101 class over Zoom. Over the course of the eight weeks, what I learned about nutrition and overall health made me start to make small changes. Granted, the inability to go to restaurants and socialize with friends made it easier for me to make some of these changes including cooking healthier meals and cutting out meat and then, eventually, most dairy from my diet.

My ultimate goal is to be fully whole-food, plant-based but just the small steps that I started to take dropped my cholesterol 26 points when tested in June 2020 and an additional 44 points when tested in September 2020 (bonus: I've lost weight too!)

I still have health goals that I am working toward but without the knowledge, encouragement, and structure of the nutrition classes, I would not be in the much better position I am today.”